

Full Report (All Nutrients) 01146, Cheese, parmesan, shredded

Report Date: December 05, 2015 18:20 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 5g
Proximates					
Water	g	25.00	--	--	1.25
Energy	kcal	415	--	--	21
Energy	kJ	1737	--	--	87
Protein	g	37.86	--	--	1.89
Total lipid (fat)	g	27.34	--	--	1.37
Ash	g	6.39	--	--	0.32
Carbohydrate, by difference	g	3.41	--	--	0.17
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.90	--	--	0.04
Minerals					
Calcium, Ca	mg	1253	--	--	63
Iron, Fe	mg	0.87	--	--	0.04
Magnesium, Mg	mg	51	4	1.014	3
Phosphorus, P	mg	735	--	--	37
Potassium, K	mg	97	--	--	5
Sodium, Na	mg	1696	--	--	85
Zinc, Zn	mg	3.19	4	0.050	0.16
Copper, Cu	mg	0.037	--	--	0.002
Manganese, Mn	mg	0.023	--	--	0.001
Selenium, Se	µg	23.9	--	--	1.2
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.041	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 5g
Riboflavin	mg	0.352	--	--	0.018
Niacin	mg	0.287	--	--	0.014
Pantothenic acid	mg	0.527	1	--	0.026
Vitamin B-6	mg	0.105	15	0.004	0.005
Folate, total	µg	8	20	0.856	0
Folic acid	µg	0	--	--	0
Folate, food	µg	8	20	0.856	0
Folate, DFE	µg	8	--	--	0
Choline, total	mg	15.4	--	--	0.8
Vitamin B-12	µg	1.40	--	--	0.07
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	229	--	--	11
Retinol	µg	223	--	--	11
Carotene, beta	µg	73	--	--	4
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	865	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.01
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.0
Vitamin D	IU	21	--	--	1
Vitamin K (phylloquinone)	µg	1.9	--	--	0.1
Lipids					
Fatty acids, total saturated	g	17.370	--	--	0.868
4:0	g	1.375	1	--	0.069
6:0	g	0.515	1	--	0.026
8:0	g	0.275	1	--	0.014
10:0	g	0.686	1	--	0.034
12:0	g	0.920	1	--	0.046
14:0	g	3.079	1	--	0.154

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 5g
16:0	g	7.378	1	--	0.369
18:0	g	2.432	1	--	0.122
Fatty acids, total monounsaturated	g	8.734	--	--	0.437
16:1 undifferentiated	g	0.458	1	--	0.023
18:1 undifferentiated	g	7.050	--	--	0.352
20:1	g	0.177	--	--	0.009
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.661	--	--	0.033
18:2 undifferentiated	g	0.290	--	--	0.014
18:3 undifferentiated	g	0.345	1	--	0.017
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	72	--	--	4
Amino Acids					
Tryptophan	g	0.560	--	--	0.028
Threonine	g	1.531	--	--	0.077
Isoleucine	g	2.202	--	--	0.110
Leucine	g	4.013	--	--	0.201
Lysine	g	3.843	--	--	0.192
Methionine	g	1.114	--	--	0.056
Cystine	g	0.274	--	--	0.014
Phenylalanine	g	2.234	--	--	0.112
Tyrosine	g	2.319	--	--	0.116
Valine	g	2.853	--	--	0.143
Arginine	g	1.531	--	--	0.077
Histidine	g	1.609	--	--	0.080
Alanine	g	1.218	--	--	0.061
Aspartic acid	g	2.599	--	--	0.130
Glutamic acid	g	9.543	--	--	0.477
Glycine	g	0.723	--	--	0.036

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 5g
Proline	g	4.860	--	--	0.243
Serine	g	2.404	--	--	0.120
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0